canadian camping

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L'ASSOCIATION DES CAMPS DU CANADA — PUBLICATION OFFICIELLE

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Vol. 33 No. 3
May 1981

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PRESIDENT'S REPORT

Spring has sprung - the grass is greening - the elections are over - camp is just around the corner and everyone is getting things in shape. By now you will have heard that Jocelyn Palm of Ontario has been elected President of C.C.A. for the next two years. Jane McCutcheon succeeds Derek Walsh as Vice-President of the Central Region, while Gary Luthy has been elected by the provinces that comprise the Western Region. George Matthews continues as Atlantic Regional V.P.

A good solid group to form the nuclus of the C.C.A. Board to carry on for the coming two years. I am sure that all Provinces will continue to actively support and work closely with these folk in the important work of C.C.A. In my capacity as Immediate Past President of the Association a new set of responsibilities become mine and I will do my best to assist Jocelyn and her Board wherever and whenever needed. My congratulations to all the successful candidates and my thanks to all the others who contested the election. It is a good sign of a healthy organization when elections are held for various offices. Now comes the job of organizing the various committees and task forces to carry out the various jobs that C.C.A. has undertaken. We need good people from all over the country and if any of you have a desire to assist C.C.A. in some field or just want to help - please let us know. We can use YOU! Also, if you are asked to work on a committee or project - please be affirmative. You will benefit from the experience and we are sure that C.C.A. will gain from your work and interest. The strength of C.C.A. is in the provinces and their strength is in each individual. C.C.A. has made tremendous strides forward in the past ten years - through hard work we can accomplish an equal amount or more - but it must be done by everyone contributing to the work.

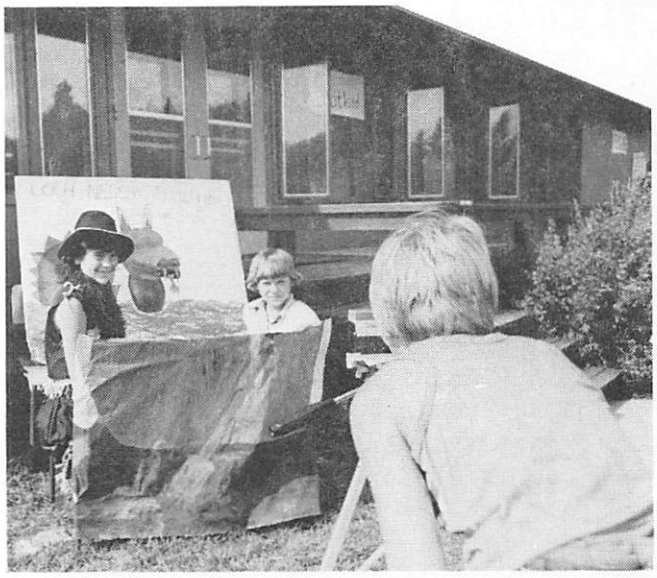
On April 7, the Executive journeyed to Ottawa to meet with the Fitness and Amateur Sport Directorate concerning a review of our work and the funds we receive from the Federal Government. We were well received, each one of us made a contribution to the presentation, but the 'pièce de résistance' was given by Jay Haddad and his 'beautiful, coloured slide' presentation complete with music and commentary. The F.A.S. group were duly impressed. In the discussion that followed, it was interesting to note that Ottawa is concerned with the continuing accidents resulting from poorly-equipped and ill-trained (or untrained) persons who go on camping trips, canoe trips, mountain climbing and wilderness travel. They believe there is a real need here for education and we agree - but the problem is to reach these people. It is much to difficult and expensive to set up training programs for everyone that might want to go on such a trip - and then one must convince the people to take the course. Literature and training courses are indeed good avenues for training and/or educating these people and our C.C.A. "HOW TO" series of monographs is a step in this direction. We need people to research and write for this series. If you have a particular expertise or skill or perhaps you know of someone capable of doing an article; - please encourage them to do so. The C.C.A. office can give you a list of the areas in which we want publications - contact them for information.

My personal thanks to all who have contributed to the success of C.C.A. during my term as President. A good deal has been accomplished and it is the interest and work of many individuals that has made it all possible. I have made many new acquaintances and friends across Canada in the last two years and I am richer for this. It has ben a lot of work and time, but well worth the effort - I am fortunate to have had the experience.

SPECIAL EFFECTS FOR SPECIAL DAYS

by Ann Stevenson
Camp Wannakumbac
Clear Lake, Manitoba

We use black and white photography to add special effects to our special day programs. Here are some examples, created by campers and staff, which focus on fun.



International Day

Groups of campers, representing different countries, set up cultural pavaillions as part of an international exposition. Visitors were invited to sample ethnic food and to participate in games and other activities characteristic of each country.

The "Scots" offered visitors modest samples of their national beverage, a chance at "haggis hurling" and a souvenir photograph taken with that most infamous of Scots - the Loch Ness Monster.

Roaring Twenties Day

After re-creating a thriving business community from the 1920's, campers participated in reliving those carefree days as flappers, gangsters and dandies.

The Old-Time Photo Shoppe was a popular attraction. Here patrons were ceremoniously photographed in an open-air studio equipped with hooded camera, birdie and "exploding" flash powder. The very next day they received brownish-toned miniatures reminiscent of their special visit in time.

International Spy Day

The untimely kidnapping of the cook's helper set the stage for playing an elaborate detective game, aimed at deducing the unknown assailant and his where abouts with the aid of "spy books". These guides to spydom contained "mug Shots" and descriptions of all known secret agents in the area, many of whom were employed in various capacities by a certain camp.

The work preparing the books was immediately rewarded by the gales of laughter from campers as they examined the vast criminal element at large in their midst.

Klondike Day

To record the events of a booming gold-rush town, one group of campers assumed the task of publishing a newspaper. Reporters were "on the scene" to cover the election of mayor, the grand opening of a new saloon and the hold-up of the town's only bank. In addition,staff writers gathered material from local businesses and wrote society columns and editorials.

The town closed down at supper, but the photographers were at work printing the photographs to be added to the paper. That evening the 15 foot long edition of the "Gold Rush Gazette" appeared in the dinning room wall, an appropriate finale to a special day.

Apart from the newspaper, these activities required only a modest amount of time, equipment and knwoledge. If you can follow directions, you can develop film. If you know the difference between negatives and positives, you can print pictures.

To produce the individual souvenir photographs, "contact prints" are used. By placing strips of negatives on top of a piece of photographic paper, exposing them briefly to light (a lamp will do) and developing the paper in the proper chemical solutions, you can produce the pictures from an entire roll of film on one sheet of paper. Since the photographs are the exact size of the negative, films providing larger negatives are preferred. A roll of 120 film will print 16 pictures $1\frac{3}{4}$ inch square.

If you photograph two or more campers at once, you need only make a second and third contact sheet from the same negatives. This reduces the amount of film you will have to develop. For special effects, try toning the sheets with different photographic dyes. Afterwards, cut out the individual photographs, place them on colourful paper backgrounds, and await some positive reactions.

Camp Wannakumbac is a resident childrens' camp, sponsored by the Manitoba Farm Bureau.

If you or your camp has an interesting Program Idea, you would like to share with the rest of the country send it to Mr. Brian Blackstock, Editor - Canadian Camping - 1806 Avenue Rd. Toronto, M5M 3Z1.

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IS PLEASED TO ANNOUNCE THE PUBLICATION OF

CAMPS: THEIR PLANNING AND MANAGEMENT

BY

ROBERT E. WILKINSON, Ph.D.
PROFESSOR, DEPARTMENT OF PHYSICAL EDUCATION
McGILL UNIVERSITY, MONTREAL, CANADA
AND
MEMBER OF CANADIAN CAMPING ASSOCIATION
THROUGH THE ASSOCIATION des CAMPS du QUEBEC

BRIEF DESCRIPTION: This basic text details both theory **and** practice of the administrative aspects of camping. Throughout the text, the author emphasizes the need for careful, systematic planning in all phases of camp operation.

KEY FEATURES: • Discusses the current status of **organized camping,** focussing on **the need for sound administrative principles** • Explores the **role of human and physical resources** in development of the camp structure and programs • Stresses the **health and safety** of both campers and staff • Explains **legal responsibility and the need for strong preventive measures and adequate protection** • Examines **camp food services, detailing sanitation and the potential hazards of food-borne illnesses** • Lists **administrative guidelines** at the end of each chapter • Includes national code of ethics for Canadian Camping Association

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BOOK REVIEW

CAMPS, THEIR PLANNING AND MANAGEMENT

by Robert E. Wilkinson, PH.D.
Professor, Department of Physical Education
McGill University, Montréal

Reviewed by Eanswythe Flynn

For many years Canadian directors and staff in the field of children's camping have hoped for a textbook on the planning, upkeep, business and general management of their chosen profession. At last it has come to us in CAMPS, THEIR PLANNING AND MANAGEMENT just released by C.V. Mosby Company, Publishers, Toronto.

Through author, Professor Robert E. Wilkinson, of McGill's Department of Physical Education and Camp Nominingue, one percieves a systematically planned picture of the entire enterprise, from its broadest definition, through functions of administration, personnel management and camp curriculum, to health, food services and public relations.

Not since Dimock and Hendry's CAMPING AND CHARACTER (1929) has a Canadian textbook of this size and depth been so all embracing. Not only does Professor Wilkinson dwell on the principles... organization, processes development and procedures, but he follows through with detail.... scores of charts, sketches, plans and specimens of every kind of business form any camp records would require.

Not only that, throughout the text, hints on economizing, evaluating, controlling foodborne illness hazards, programming, business-letter writing and so many wise shortcuts to a successful operation, carry weight because they have some straight from actual experience. It is interesting to note, too, that the fifty-two sketches and charts are the work of Mrs. Wilkinson, to whom the author pays high and affectionate tribute.

A book such as this on the shelf of any camp - small, medium or large... independent, Church subsidized, sports-oriented, specialized, outpost etc.... can become a refresher course at any time of the year and required reading as a means of study through camping's Off Season.

Mrs. Flynn, is the editor and publisher of Camping Clues, editor of the Ontario Camping Association newsletter OCAsional News and directed Camp Brigadoon for many years.

Cliff. Labbett, C.C.A. President and Co-Director of Camp Oconto says about Dr. Wilkinson's book

"Recommended reading for all Camp Directors - new and old... contains a wealth of information.... a tremendous amount of research has gone into this book and the bibliography is excellent. The title is very apt.... all aspects of camp operation are covered as they relate to the smallest new camp or to the very large organizational or private camp."

Wilkinson, Robert E., Camps, Their Planning and Management, 291 pp. hardcover, C.V. Mosby Company, Toronto, 1981. $19.95

Thought for Food

-menu planning ideas

Here are some meal suggestions, old and new which may help add to the interest and variety in your menus this summer.

BREAKFAST

FRUIT

canteloupe slices
(slice one in 8 pieces)
grapefruit sections
watermelon
(very popular and reasonably priced)
half bananas and orange sections
apple sauce
prunes

JUICE

five fruit frozen
pineapple/grapefruit
apple
instant orange
frozen varieties
cranberry/apple

CEREAL

Hot - Red River
oatmeal
wheatlets
Cream of Wheat

Cold - corn flakes
shredded wheat
rice crisps
Captain Crunch

(check prices and weights for value- the bigger the box the lower the unit price)

MAIN COURSE

eggs: scrambled, boiled
fried, poached
ham (and eggs)
bacon (and eggs)
pancakes - regular
buckwheat
(add some blueberries fresh or frozen for a real treat)
* be sure to allow a little longer for cooking if berries are added.
french toast
sausages
bran muffins (go very well with scrambled eggs)
date and nut loaf
cinnamon buns
Danish pastry

LUNCH (or light suppers)

MEAT DISHES

fried bolongna and eggs
braised meat stew
cold slices of corned beef/potato salad
cold meat plate (for making sandwiches at the table)
corned beef hash
corned beef and cabbage
sausage meat patties
chili con carne
sausage con carne
turkey (creole) and rice
chicken/turkey/beef pies
hot beef/chicken sandwiches
hot dogs with cheese strips
hamburgers

FISH DISHES

tuna salad
salmon salad
tuna/mackeral salad
(mackeral is much less than tuna or salmon, but should be mixed as flavour is strong
salmon & scalloped potatoes
cod fish cakes
tuna/salamon casserole
salmon/ almond "
tuna/noodle/mushroom "

OTHER DISHES

macaroni and cheese
egg salad for sandwiches
grilled cheese and onion
tomato/cheese beef macaroni
western sandwiches
pancakes
french toast
Pizza
pork and beans

SOUP

soup makes most lunches more complete and can be inexpensively prepared by using one of the many commercial soup bases and left-over vegetables and meats.

DINNER

MAIN COURSES

CHICKEN

baked chicken legs
roast
southernfried
barbequed
chicken à la king
chicken chow mein
chicken chop suey
chicken pot pie
baked with coating mix

MINCED MEAT

hamburger pie/tart
meat loaf
spaghetti and meat balls/sauce
hamburger on a bun
hamburger patties
sweet and sour meat balls
Sloppy Joes
cheeseburger loaf

TURKEY

roast
à la king
pot pie
sweet and sour pie

VEAL

breaded veal chops
breaded veal cutlets

HAM/PORK

roast
sliced (baked or fried)
pork chops
pork roast
ham and mushroom soup casserole

BEEF

roast (pot, blade, chuck)
beef chop suey
steak
Salisbury steak
Yorkshire steak
Swiss steak
beef steaketts
beef chow mein
stew
beef and corn casserole
sorrento pie
macaroni and sausage jumbo
country pie

VEGETABLES - fresh, frozen, canned, cooked or raw

SALADS

DESSERTS

BAKED

brownies with marshmallow topping
Johnny cakes and syrup
marble cake and ice cream
upsidedown - pineapple
apple
cherry
gingerbread and lemon sauce
strawberry shortcake or tea bisk
chocolate cake
date squares
apple cake
spice cake/orange icing
cheesecake/cherry topping
apple strudel
date crumbles
doughnuts
chinese chews
Rice Crispie squares
apple brown betty
blueberry cobbler
plum "
Rhubarb/strawberry "
Dutch chocolate roll

PIES

rhubarb/apple
graham cracker crust lemon pudding filling (don't cook)
lemon
chocolate
cherry
blueberry
peach/strawberry
pumpkin
pecan
rhubarb
blueberry
Dutch apple
deep apple
apple raspberry

TARTS

butter
lemon
strawberry
blueberry
custard
butterscotch (pudding)
chocolate (pudding)

PUDDINGS

Butterscotch *
Cocoanut Cream
caramel/rice
rice and lemon sauce
vanilla and orange sections
hot fudge
apple batter
gingerbread and meringue
caramel
lemon snow
Chocolate and Kraft Mini-marshmallows

ICE CREAM

sundaes
sherbert
Popsicles
ice cream crunch
" " bricks cut at table
mello-rolls
Dixie cups
nutty cones

(cont. on page 12)

The COUNSELLOR'S Page

GREAT EXPECTATIONS

Often counsellors are not aware of the great expectations parents have for their children. The obvious ones such as having fun in a safe, friendly environment are clear to almost every counsellor. Here is a partial list of a few more of the very important things expected from their child's counsellor.

They want a counsellor who....

- constantly watches out to see the child is healthy and CLEAN including TEETH.
- check to see that toilet habits are regular
- is aware and will not let sunstroke strike
- helps to assure that the children will eat properly
- is aware of the whereabouts of their child at all times
- makes their child feel comfortable in the camp environment
- sees to it that P.F.D's (life jackets) are properly used
- prepares children for emergencies such as fire, getting lost and canoe tipping
- has experience and abiltity in administering FIRST AID
- is mature and will act responsibly in emergency situations
- help the campers keep their clothes and other property in good order and clean
- supports established values such as religious beliefs
- is fun but also can command respect
- is a good "listener" and can be a sounding board for their child' values, ideals, dreams and perceptions of the world
- has a sense of humour ALL summer
- makes every effort to be fair with each camper and just in reprimands
- does not expend too much time with friends on staff and ignore the children in consequence.
- senses when a camper is homesick or lonely and will quietly move to relieve this feeling
- will help their children to be more aware of themselves
- will help campers to become more skilled and self-confident
- helps to develop in each camper a sense of responsiblity and independence
- will give their child a just amount of affection, respect and understanding
- will pass along the very important quality of learning to do things for others

Visiting Day - There are a variety of formats for visiting day. Some camps have it any time and some camps do not allow the parents to visit the camps at all. Other camps, (Probably the majority) will have one day or period put aside for visiting, while other camps will allow parents to drop in at any time during the weekend.

Generally, the argument against visitors is that it could be a disruption to the program and it is often very difficult for the counsellor; it is also often very difficult for those children whose parents do not attend. Some people feel that it is artificial. On the other hand, it is a very rewarding experience for a parent to meet their child's counsellor (probably the most significent person in the child's life at camp). If the camp is well run they should be proud of it - so much so that the parents return home thinking "I am happy that my child is in that camp". If parents are made to feel a part of the camp, their enthusiasm and involvement will make them more aware of the benefits of a positive camping experience.

Counsellors should be given some training before visiting times to assist them in meeting and speaking with parents and assessing their child's progress. If the counsellor has a problem camper and is feeling uncomfortable about presenting the situation to the parent, the Director should certainly be willing to take over.

Parents want to feel that they are leaving their children in good hands. Let them know you care and are capable.

John Latimer is the Director of Kilcoo and a Past President of C.C.A. and O.C.A.. He is the Chairman of the C.C.A. National and International Conferences Committee.

Position Wanted

ANY SENIOR STAFF POSITION

(Section Head, Program Director, Camp Director or Assistant) for this summer)

Experienced in all facets of camp leadership. Specialize in novelty program ideas and counsellor training.

Contact Bud Jacobi
8 Patricia Drive
St. Catharines, Ont.
L2M 4P3
(416) 934-7223

Memo

Remember, camps are only accredited by Provincial Associations NOT by the C.C.A.

Therefore, camps are a MEMBER CAMP of the Canadian Camping Association.

It has come to our attention that some camps are still using the wording "accredited by C.C.A." on their literature. This is incorrect and should be changed.

The C.C.A. is happy to supply copies of the logo with the correct imprint. Please request them from the C.C.A. Office. 1806 Avenue Rd. Toronto M5M3Z1

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-menu planning ideas

DESSERTS (cont. from page 9)

CANNED FRUIT	GELATIN	FRESH FRUIT
pears	orange	watermelon
peaches	lime	canteloupe
plums	grape	bananas
mandarin oranges	lemon	plums
apricots	cherry	cherries
cherries	raspberry	grapes
applesauce	peach, etc.	oranges
apple halves		pears

Need some new ideas for Cookouts???? The C.C.A. is distributing a Cookout Manual which has been produced by Sue Whitney, Day Camp Director, Borough of Etobicoke, Parks and Recreation Services, 24 pages and more than 35 receipes.

The purpose of the manual is to provide new and exciting cooking ideas for both small group cookouts and mass section cookouts. The recipes have been divided into six major groups according to Canada's Food Guide. It begins...

RECIPE FOR A COOKOUT "1 enthusiastic counsellor, 6 - 12 small and medium sized campers, 1 fire pit, 100 - 150 pieces of various sizes of dry wood, 1 package matches, 1 well planned menu, 1 large pot, 1 pinch of patience, 1 dab of understanding, 14 cups of enthusiasm."

The price is $3.00. Order from the C.C.A. Publications Service,1806 Avenue Rd.